

The Tribune Institute

At Your Service



Some of the Small Conveniences
That Lighten the Burden
of the Housekeeper

The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturers. The only unknown element is that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks or months of actual usage. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely. Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so as to give satisfactory service.

Monarcas Aluminum Ware.
Made by the Monarch Aluminum Ware Company, 4613 Payne Ave., Cleveland, Ohio.

IN THESE days of beautifully colored kitchens and high ideals of sanitation housewives are very particular about buying utensils that possess the double advantage of being good to look at and easy to clean.

Where there is a coal range, the white or blue and white enamel ware is often chosen because it fits in so well with the color scheme of the kitchen. But where gas is used for cooking, aluminum ware, which is quite as beautiful in any kitchen, is found by most housewives to be much more durable under the strain of the very high temperature.

But when one buys aluminum ware it is necessary to select a good quality. If this is done, not only is the kitchen fitted with aluminum utensils as attractive as the oldtime dresser laden with burnished pewter, but possesses utensils that are much easier to keep clean.

To those who are seeking aluminum we can recommend the Monarcas ware. It is made of cast aluminum with enameled wood handles and knobs, and the pieces are well designed and easily cleaned and durable. Also our tests show that they give excellent results when used for cooking. We have thoroughly tested in the Tribune Institute Laboratory an entire kitchen equipment of this ware, sent in for endorsement, and we know that the housewife will make no mistake in selecting it for her kitchen.

There are several utensils of the Monarcas Ware which deserve special mention.

The bread pan, which, by the way, bakes admirably, produces a loaf that is particularly brown and crusty.

The double-lipped saucepan, with its black rubberoid handle, which is always cold, has the added advantage that one can pour from either side.

The double boiler also has both handles of black wood covered with rubberoid enamel.

The muffin and gem pans not only bake very nicely, but they are so constructed that they may be removed from the oven with the ordinary stove lifter. There are three styles of these pans—round, boat shaped and half cylinder.

The omelet pan is a very present help in the making of the most uncertain delicacy known to cooks. It removes all necessity for the difficult folding of the omelet, and a delicate, light product is sure to go to the table when made in a pan of this type.

VERY early marketing should be the rule these warm summer mornings, for every hour that fruit and vegetables are exposed to the hot air after picking detracts just that much from their delicacy of flavor. This is especially true of lettuce, corn, beans and berries, being careful that the stem ends are immersed. This will freshen them delightfully, and when served they will taste like freshly gathered beans.

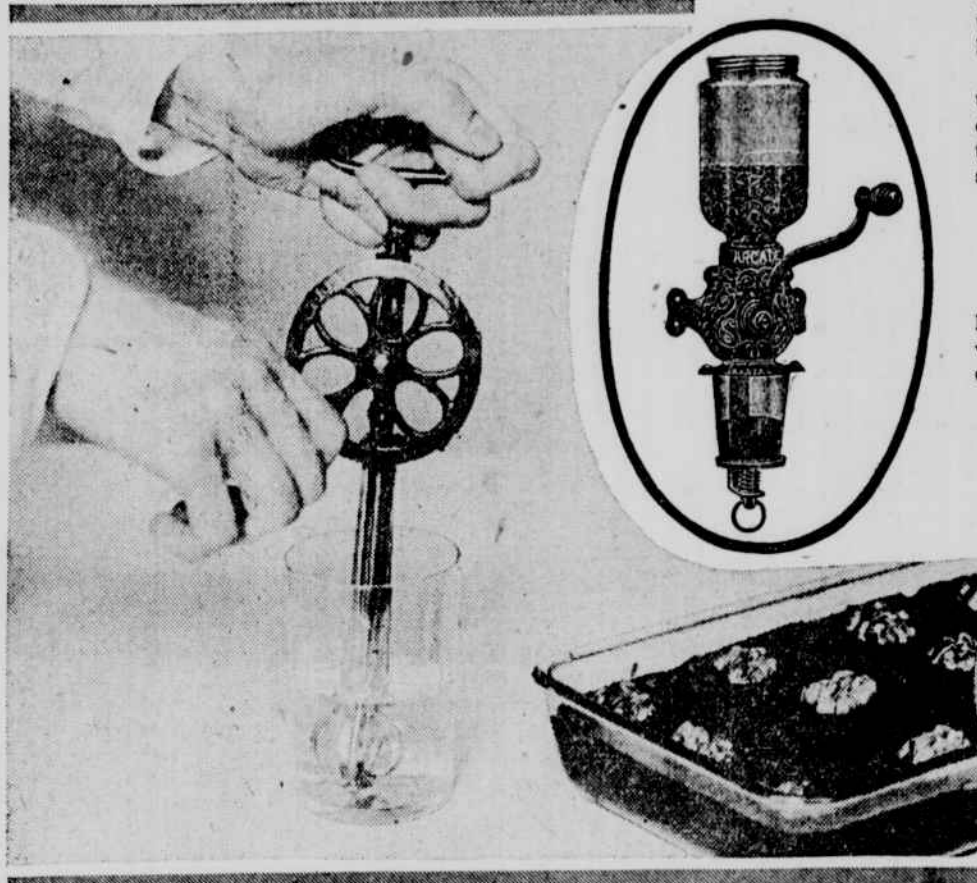
On glancing over the menus for the coming week, the careful caterer will notice that expensive joints and poultry are conspicuous by their absence. Almost all the evening dinners consist of dishes that are both inexpensive and very easily prepared. The lamb pies, the filling of which may be prepared in the fireless cooker, and pan-fried Hamburg steak will be found particularly good. The latter, if carefully cooked, is fully equal to an expensive cut of steak. However, it must be cooked rare, generously seasoned with salt, paprika, melted butter and a few drops of mushroom catsup, and sent to the table as hot as possible.

Tuesday's, Wednesday's and Saturday's luncheons, as well as Thursday's breakfast, are planned to utilize the "left-overs" from previous meals, while the remaining luncheons and breakfasts are composed of eggs in different forms, relishes in the way of ham and bacon, salads and similar delicacies. Clams and crabs should be often substituted during the summer months for the customary soup course. The soft shell variety of the latter are at their best during the month of August. Long or "string" clams may be purchased for the chowder and the delectable Little Neck variety served steamed in their shells.

The recipe for rice bread rolls will

TESTED AIDS FOR THE HOUSEHOLD

Look for Detailed Illustrations of the Appliances in Part II, Graphic Section



This is the Egg Beater That Works in a Tumbler or Cup. Beside It is a Cake Just Baked in a Pyrex Pan. The New Crystal Coffee Mill Is Above.

The griddles, which are made either with the wire bail handle or a black rubberoid handle, are equal for pancakes to the iron ones which our grandmothers used, and require much less greasing.

The enameled wood knobs and handles which are a special feature of the Monarcas Aluminum Ware do away with the necessity for hunting a "holder" on peril of burning your hands, for they always "keep cool."

And as for corners, there are none in the Monarcas Ware. Even the bread pan is minus this difficult feature. This cornerless phase of the ware adds greatly to the ease of cleaning.

Prices furnished on application.

Taylor Fresh Butter Pan.
W. R. Lockhart, 2302 St. Albans Place, Philadelphia, Penn.

Nothing is more delicious than fresh unsalted butter made from sweet cream. Spread on thin slices of either white or brown bread, it is a morsel fit for the gods and a perpetual delight to the epicure.

The Taylor Fresh Butter Pan will give you this butter without the trouble of churning and in a very short time. It is simply a square pan in which are placed a thick pad of absorbent cloth somewhat like a Turkish towel and a specially prepared blotting paper, which is held in place by clips upon the sides of the pan. The cream is poured over this blotting paper and the pan set away in the refrigerator or some other cool place until the liquid part of the cream has all been absorbed and nothing remains but the sheet of butter upon the separating pad. This takes from four to twelve hours.

This is placed in a wooden bowl and is kneaded or worked dry until the globules are broken and the buttermilk dislodged. It is then

worked just as ordinary butter is in the butter pan, and the butter is lastly washed with cold water and either left sweet or salted as desired. Price with absorbent cloth and a dozen separating pads, \$3. Extra pads, 30 cents per dozen or four dozen for \$1.

The Oil of Gladness Utility Duster.
Made by Dunlap Manufacturing Company, Bloomington, Ill.

This is called a dust magnet and it lives up to its name. The Oil of Gladness Duster is treated with a preparation which thoroughly permeates an extraordinary looking contrivance that resembles the three plumes of the Prince of Wales, set in a black wooden handle. The plumes are made of black cotton yarn covering a twisted wire frame, and its three fingers go easily between the slats of chairs and into crevices that are difficult of approach by the ordinary duster. Moreover, it takes up the dust and holds it until it is shaken out. Price, 25 cents.

No. 1. Genuine Dover Egg Beater.
Dover Stamping and Mfg. Company, 385 Putnam Ave., Cambridge, Mass.

This is not only the "genuine" Dover egg beater amid a flock of sincere flatterers that accept it as a leader in style, but it is the kind of beater that will go inside a tumbler or cup and so save the trouble of pouring an egg or a spoonful of cream into a larger dish before beating.

It saves both material and temper. Material is economized because eggs, cream, etc., are of a clinging disposition and given to adhering so firmly to the dish which holds them that they diminish considerably in transit. Temper is preserved, because in the hurry of getting dinner nothing is more maddening than to try to use an egg beater that knocks against

the sides of a small bowl or refuses to work up an insignificant amount of material at the bottom of a large one.

This machine is as large as any other,—only the beaters are small. Add it to your stock of egg beaters, and every day you will have reason to say it earns its living as a time and trouble saver. Price, 10 cents.

Eska Combination Dipper.
Made by Stuber & Kuck Co., Peoria, Ill.

To the housewife who likes to economize labor and space by making one utensil do the work of six, the Eska Combination Dipper will come as a realization of dreams. It is actually

over the sheet of dough like a smoothly running wheel, cutting out as they run a series of neat circular cookies or biscuits. It is done with one push of the hand and so quickly that biscuits are at their flakiest and cookies at their crispest, because there is no delay in getting them into the oven and no unnecessary re-rolling of the dough. Price 10 cents.

Harrington Kitchen Knife Set, No. 104½.
Made by Harrington Cutlery Company, Southbridge, Mass., and New York.

These are just nice, sharp, durable little kitchen knives, ready to peel vegetables, pry out corks, or do any of the multifarious tasks



Rotary Biscuit Cutter Busily Cutting Out Biscuits.

around the kitchen which require small, sharp knives. The set consists of three knives of which the pointed blades are in different shapes, fitted to different uses. The blades are of high-grade steel and are pinned into waterproof and durable wooden handles. Price, 25 cents a set.

The New Crystal Coffee Mill, No. 3.
Made by Arcade Manufacturing Company, Freeport, Ill.

This is a singularly convenient coffee mill as it can be firmly screwed to the wall and the coffee in the bean is kept in a glass hopper above the mill. The ground coffee pours into a glass below that is marked with tablespoon graduations so that it is easy to measure the exact amount of coffee needed. Adjustment of a simple wing nut regulates the grinders for fine or coarse grinding, and this regulator can be locked in position so that the size for which it is set can be continued without variation. The whole mill is finished in black enamel. It works easily and all the parts are easily removed and replaced. Price, \$1.

Rollman Nut Cracker, No. 40.
Made by Rollman Manufacturing Company, Mount Joy, Penn.

This is a nut cracker which can crack nuts without either pinching the fingers or squashing the nut meats.

The jaws form an elongated opening that is hinged at four points, providing a powerful leverage that makes easy the cracking of the hardest shelled nuts. It is especially good for cracking walnuts, because almost every time the meat comes out whole and ready to decorate cake, dessert or salad. More than this, it can

This is a Sheet of Freshly-Made Sweet Butter as It Is Rolled from the Taylor Fresh Butter Pan.

five different implements in one—namely, a graduated dipper, a funnel, a strainer funnel, a fine strainer and a fruit jar fitter, contained in one. In spite of its versatility it is a simple little implement, easy to take apart and put together again and equally easy to clean. All that is needed to adjust it to its various uses is an unscrewing and rescrewing of the band at the base of the dipper. Price, 15 cents.

Rotary Biscuit Cutter.
Made by Andrews Wire and Iron Works, Rockford, Ill., and New York.

In the picture this biscuit cutter looks mysterious. A description of it would sound impossible. Yet the two curved tin blades roll

These Are Implements Especially
Designed to Do the Work for
Which They Are Intended

successfully negotiate either pecan or Brazil nuts, and to our mind this marks the high water mark of efficiency in a nut cracker. It is needed, for these varieties of the nut tribe so truly know their worth that they affect the exclusiveness of the hermit crab. Only a cook knows what it is to exhaust every sort of persuasion in the hope of coaxing forth the meats intact and then grow suddenly desperate and give some hard-shelled recalcitrant a vicious smash, reducing it to an abject and useless mush of meat and shell. Therefore every cook is likely to welcome this nut cracker. Price 50 cents.

Save Sugar in Canning

IN THESE days of high prices, with sugar foremost on the aviation list, many housewives have taken serious thought as to the advisability of putting up less fruit than usual. This is a pity, because home-canned fruit is not only safe and sure, but most delicious. It need not be as rich as preserves; in fact, many epicures regard fruit as refreshing in exact proportion to the smallness of the amount of sugar used to preserve.

Fruit for use in pie or salads or as stewed fruit can be put up or canned without the use of any sugar at all. The canning specialists of the Department of Agriculture advise the housewives who, in order to economize on sugar, have been thinking of reducing the amount of fruit they put up, to can as much of their surplus as possible by the use of boiling water when sugar syrup is beyond their means.

Any fruit, say the specialists, may be successfully sterilized and retained in the pack by simply adding boiling water instead of the hot syrup.

The use of sugar, of course, is desirable in the canning of all kinds of fruits and makes a better and ready-sweetened product. Moreover, most of the fruits when canned in water alone do not retain their natural flavor, texture and color as well as fruit put up in syrup. Fruit canned without sugar to be used for sauces or desserts must be sweetened.

HOW TO CAN FRUIT WITHOUT SYRUP.

Can the product the same day it is picked. Cull, stem, or seed, and clean the fruit by placing it in a strainer and pouring water over it until it is clean.

Pack closely in glass jars or tin cans until they are full, using the handle of a tablespoon, wooden ladle, or table knife for packing purposes.

Pour over the fruit boiling water from a kettle; place rubbers and caps in position; partially seal if using glass jars; seal completely if using tin cans.

Place the containers in a sterilizing vat, such as a wash boiler with false bottom, or other receptacle improvised for the purpose.

If using a hot water bath outfit, process for thirty minutes; count time after the water has reached the boiling point; the water must cover the highest jar in container.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization.

When using a steam pressure canner instead of the hot water bath, sterilize for ten minutes with five pounds of steam pressure. Never allow the pressure to go over ten pounds.

MEALS ALL PLANNED FOR THE COMING WEEK

All recipes have been tested by the writer,
VIRGINIA CARTER LEE
Culinary Expert of The Tribune Institute.

These menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

Tested Recipes.

CLAM CHOWDER.

Fry until crisp five or six slices of fat salt pork, cut into strips. Sprinkle these in alternate layers with chopped onions, peeled tomatoes, small crackers moistened with hot milk and clams, in a soup kettle. Pour in a little of the fat left after the pork is fried, and season to taste with salt, celery salt and black pepper. Cover with cold water and the clam liquid; cover the kettle closely and cook slowly for three-quarters of an hour. Then add five peeled potatoes, cut into dice, two tablespoonfuls of shredded parsley and

a pinch of powdered sweet herbs. Cook until the potatoes are tender, and serve very hot. If this chowder is rightly made and carefully watched no extra thickening will be required. If not thick enough add a little flour mixed to a paste with cold milk.

RICE BREAD ROLLS.

Mix together one pint of tepid water; half a yeast cake dissolved in two or three tablespoonfuls of lukewarm water; half a tablespoonful of white sugar; one teaspoonful of salt; one tablespoonful of melted lard and one pint of sifted wheat flour. Beat the ingredients well together and set to rise over night. In the morning add one pint and a half of warm milk and one cupful and a half of rice flour, wet to a thin paste with cold milk, and boil four minutes as you would boil starch. This should be a little more than blood warm when stirred into the batter. Mix in enough wheat flour to form a dough that can be handled, knead thoroughly and cut as for ordinary rolls. Lay in a buttered pan; let them rise until they have doubled in size; brush over with a little milk and sugar and bake in a moderate oven until crisp and brown.

GENUINE SOUTHERN CORN PONE.

Blend together one quart of Southern cornmeal, one tablespoonful of salt, a little melted lard and sufficient very cold water to make a soft dough. Mould with the hands into thin oblong cakes, lay in a well-greased pan and bake very quickly. The correct way is to mould into oval mounds, shaping them rapidly and lightly with the hands by tossing the dough over and over. This is done with great dexterity by the Southern cooks, with whom corn pone is a great favorite. It is broken, not cut, and eaten hot with plenty of butter.

COFFEE CREAM PUDDING.

Dissolve two and a quarter tablespoonfuls of instant gelatin in one cupful of hot milk; then add one cupful of strained strong coffee and one cupful of sugar. When the sugar is dissolved, strain and cool. As the mixture begins to thicken, whip with an egg beater until very light, fold in the stiffly whipped whites of two eggs, two cupfuls of whipped cream and one teaspoonful of vanilla extract. Mould, chill and serve with an iced eggnog sauce.

CHICKEN AND LETTUCE SANDWICHES.

In almost every household an emergency luncheon is sometimes necessary, and these sandwiches are easy to prepare, and delicious. Do not use the deviled preparation of chopped chicken, but the boned variety. Chop the contents of the can, not too fine, and add two chopped hard-boiled eggs, eight chopped stuffed olives, one tablespoonful of minced parsley and sufficient mayonnaise or boiled dressing to moisten to a paste. Spread thickly between baking powder biscuits or dinner rolls that have been split open and buttered.

BRAISED CARROTS.

Scrape and lay in cold water for an hour; then cut in long strips and boil in salted water until almost tender. Meanwhile fry in a little hot bacon dripping one large minced onion, when slightly browned, remove the onion, add the drained carrots to the fat and stir briskly until just beginning to color. Strain off the fat; turn the vegetable in a heated covered dish; add paprika and salt to taste, and stir in one tablespoonful of Worcester-shire sauce. Serve very hot.

Monday.
BREAKFAST
Stewed Figs
Cooked Cereal
Grilled Tomatoes Brown Gravy
Bacon Rolls
Buttered Toast Coffee
LUNCHEON
Cream Cheese Salad Bread Sticks
Ginger Mint Cup
Jelly Pancakes
DINNER
Clam Chowder
Sliced Cold Veal Spiced Peaches (from Sunday's dinner)
Delmonico Potatoes Green Corn
Lettuce French Dressing
Batter Pudding Fruit Sauce

Tuesday.
BREAKFAST
Cantaloupe
Uncooked Cereal
Spanish Omelet
Rice Bread Rolls Coffee
LUNCHEON
Baked Stuffed Peppers (last of cold veal)
Potato Straws Reheated Rolls
Maple Jambert
DINNER
Veal Broth with Macaroni (from veal bones)
Broiled Halibut Steaks Potato Puff
Creamed Cucumbers
Egg Salad
Plum Sherbet

Wednesday.
BREAKFAST
Moulded Cereal with Peaches
Broiled Ham
Corn Pone Watercress
Coffee
LUNCHEON
Devilled Halibut in Shells (Left over fish)
Cucumber Sandwiches
Pineapple Blanc Mange
DINNER
Olive and Cress Canapes
Individual Lamb Pies Riced Potatoes
Lima Beans
Sliced Tomatoes French Dressing
Coffee Cream Pudding

Thursday.
BREAKFAST
Damson Plums
Creamed Lamb with Mushrooms on Toast
Fried Puff Cakes with Cinnamon and Sugar
Coffee
LUNCHEON
Creamed Cheese Toast with Dropped Eggs
Olive Finger Rolls
Coffee Gingerbread Iced Tea
DINNER
Soft Shelled Crabs Watercress
Panned Hamburg Steak Tomato Sauce
Baked Stuffed Potatoes
Corn Pudding Fruit Salad
Vanilla Ice Cream Caramel Sauce

Friday.
BREAKFAST
Pears
Moulded Cereal
Scrambled Eggs with Smoked Beef
Brown Bread Toast Coffee
LUNCHEON
Chicken and Lettuce Sandwiches (from canned boned chicken)
Iced Chocolate
Fruit Tapioca
DINNER
Bouillon in Cups
Boiled Salmon Egg and Parsley Sauce
Mashed Potatoes Braised Carrots
Watercress Salad
Velvet Blanc Mange
Crushed Peach Sauce

Saturday.
BREAKFAST
Sliced Peaches Uncooked Cereal
Browned Fish Hash (from left-over salmon)
Toasted Crumpets Coffee
LUNCHEON
Stuffed Tomato Salad
Thin Brown Bread and Butter
Rice Pudding with Raisins
DINNER
Steamed Clams Butter Sauce
Breaded Veal Cutlet Brown Gravy
Creamed Potatoes Butter Beans
Green Pepper and Onion Salad
Red Raspberry Mock Cream Pie

Sunday.
BREAKFAST
Shredded Pineapple
Cooked Cereal
Fried Pan Fish Radishes
Parker House Rolls Coffee
SUNDAY NIGHT SUPPER
Eggs à la Goldenrod (in the chafin dish)
Buttered Toast Watercress
Chilled Watermelon
DINNER
Bisque of Tomato
Broiled Squab on Toast Potato Straws
Wild Grape Jelly Succotash
Vegetable Salad
Peach Shortcake